



National Nutrient Database for Standard Reference
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Statistics Report 09268, Pineapple, canned, juice pack, solids and liquids

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	83.51	86	0.128	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	60	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	251	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Protein	g	0.42	679	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.08	447	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.30	86	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	15.70	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	0.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Sugars, total ¹	g	14.45	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Sucrose ¹	g	0.25	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) ¹	g	7.70	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Fructose ¹	g	6.50	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Minerals													
Calcium, Ca	mg	14	667	0.214	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Iron, Fe	mg	0.28	676	0.007	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	14	84	0.204	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phosphorus, P	mg	6	84	0.158	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	122	456	1.795	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	1	627	0.147	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.10	84	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.086	84	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Manganese, Mn	mg	1.121	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Selenium, Se	µg	0.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Fluoride, F ^{2,3}	µg	4.2	11	1.102	2	5.4	2.0	-0.54	8.94	2	Analytical or derived from analytical	--	02/2006
Vitamins													
Vitamin C, total ascorbic acid	mg	9.5	659	0.119	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin	mg	0.095	98	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.019	89	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.284	86	0.009	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.100	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Vitamin B-6	mg	0.074	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Folate, total	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Folate, DFE	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Choline, total	mg	4.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	2	75	0.089	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	23	--	--	--	--	--	--	--	--	Calculated or imputed	09266	01/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09266	01/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09266	01/2003
Vitamin A, IU	IU	38	75	1.788	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09266	01/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09266	01/2003
Vitamin E (alpha-tocopherol)	mg	0.01	--	--	--	--	--	--	--	--	Calculated or imputed	09266	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) ⁴	µg	0.3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003

Lipids

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total saturated	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
14:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
16:0	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:0	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total monounsaturated	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:1 undifferentiated	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.029	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:2 undifferentiated	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:3 undifferentiated	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Amino Acids													
Tryptophan	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Threonine	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Isoleucine	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Leucine	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lysine	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Methionine	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Cystine	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Tyrosine	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Valine	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Arginine	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Histidine	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Alanine	g	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Aspartic acid	g	0.095	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glutamic acid	g	0.048	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glycine	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Proline	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Serine	g	0.022	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Flavonoids													
Isoflavones													
Daidzein ⁵	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein ⁵	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones ⁵	mg	0.00	--	--	0	0	--	--	--	--	--	--	--

Sources of Data

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